Keep Your Unit Healthy
How to Avoid the Flu

General Leonard Wood Army Community Hospital
Community Health Resource Center

What is Flu?

The flu is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death.

Symptoms & Complications of Flu

- fever (usually high),
- headache,
- extreme tiredness,
- dry cough,
- sore throat,
- runny or stuffy nose, and
- muscle aches.
- Gastro-intestinal symptoms, such as nausea, vomiting, and diarrhea, are much more common among children than adults.

How Flu Spreads

- The flu spreads in **respiratory droplets** caused by coughing and sneezing. It usually spreads from person to person, though occasionally a person may become infected by touching something with virus on it and then touching their mouth or nose.

- Adults may be able to infect others beginning 1 day **before** getting symptoms and up to 7 days **after** getting sick. **That means that you can give someone the flu before you know you're sick as well as while you are sick.**

The Best Advice
Maintain Good Health Habits

Clean your hands!

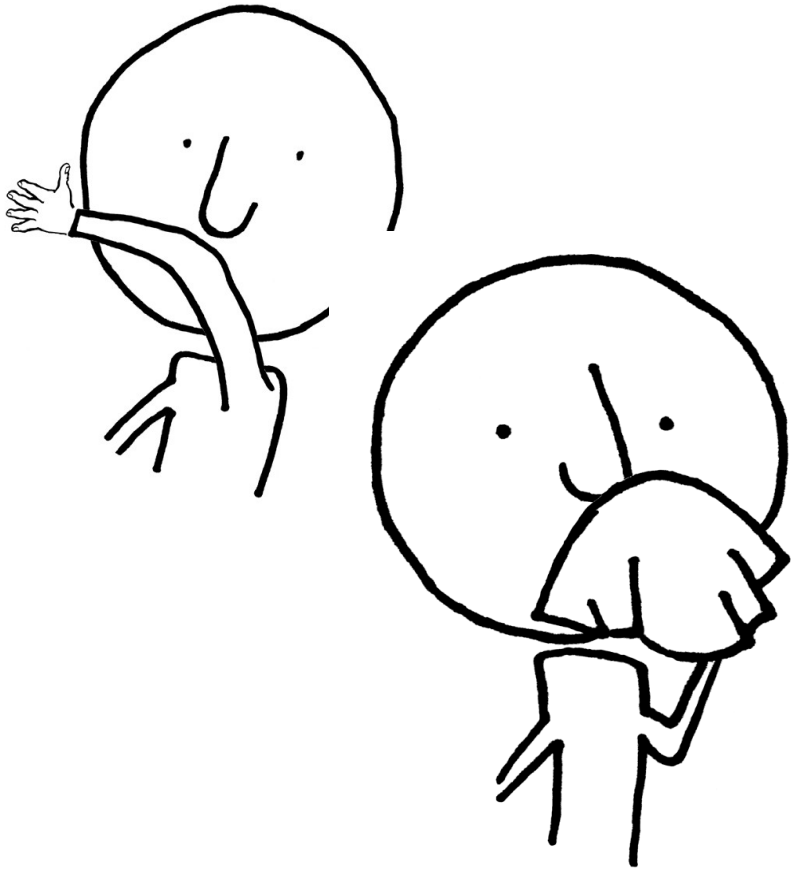
Washing your hands often will help protect you from germs.

The Best Advice

Maintain Good Health Habits

Cover your mouth and nose.

Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those



The Best Advice
Maintain Good Health Habits

- **Avoid touching your eyes, nose or mouth.**

  Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose, or mouth.

The Best Advice

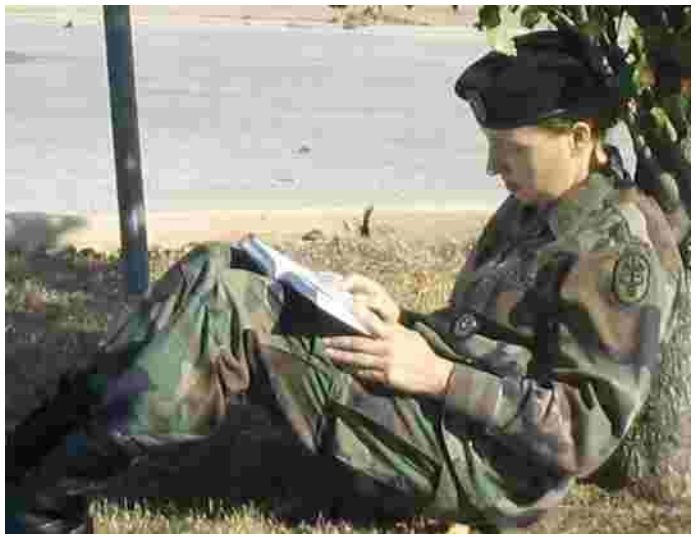
Maintain Good Health Habits

- **Avoid close contact.**
  Avoid close contact with people who are sick. When you are sick, keep your distance from others to protect them from getting sick too.

- **Stay home when you are sick.**
  If possible, stay home from work, school, and errands when you are sick. You will help prevent others from catching your illness.

The Best Advice
Maintain Good Health Habits

- Get plenty of rest
- Eat nutritious well-balanced meals
- Stay hydrated
- Exercise
- Avoid tobacco smoke



Questions

- More information can be obtained from the following websites:

  -http://www.cdc.gov/flu

  -http://chppm-www.apgea.army.mil/

- For further questions please contact the Community Health Resource Center at 596-0491.